



# RESPONSIBLE LIVING





# RESPONSIBLE SEXUAL BEHAVIOR



**Choose to be Pro-Active not Re-  
Active!**



# RISK TAKING SEXUAL BEHAVIOR



Examples:

- High-risk sexual partners
- Drinking alcohol prior to, or during a sexual episode
- Unprotected sex
- Compound effect of many different sexual partners
- Risky types of intercourse



# CONSEQUENCES: SEXUALLY TRANSMITTED DISEASES



***“How did I get a  
sexually transmitted  
disease? My partner has  
been faithful to me and  
I have been faithful to  
him.”***

**Often, STDs occur long  
before couples pair off  
into long-term  
relationships and/or  
marriage.**



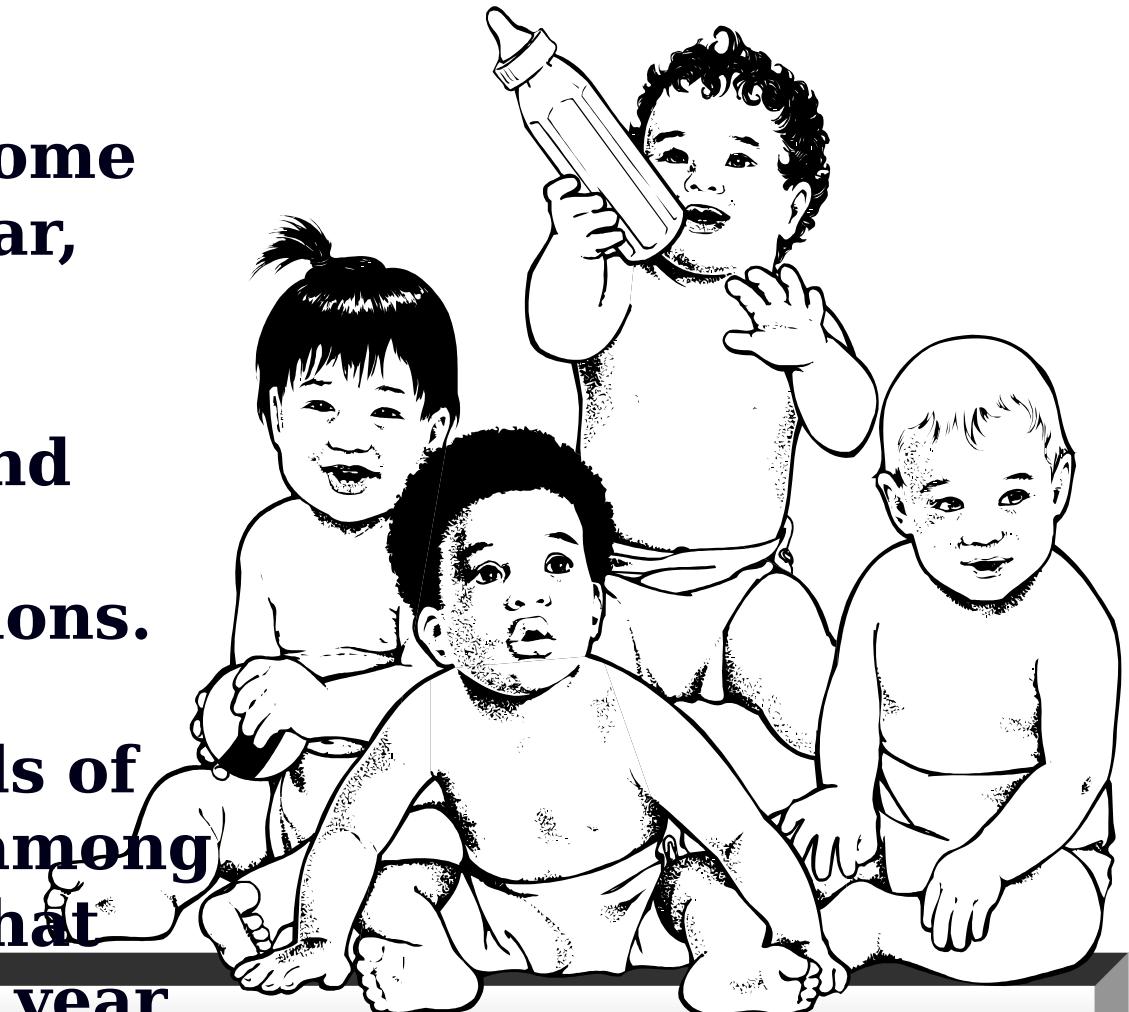
# CONSEQUENCES: UNINTENDED PREGNANCY



- Approximately 1 million teens become pregnant each year, **80% of these pregnancies are unintended** and almost 50% end in abortions.

- Almost two-thirds of the pregnancies among enlisted women that occurred in fiscal year 1996 were unintended.

**UNINTENDED AND OFTEN  
UNWANTED**





# ALTERNATIVES

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**Abstinence** - the only  
100% effective Birth Control  
Method

## **Advantages:**

- Prevents pregnancy
- Prevents Sexually Transmitted Diseases
- Builds Healthy Relationships



# PREVENTION

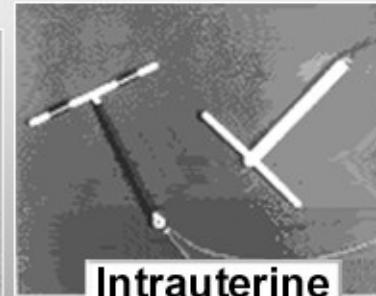
## The **CHOICE** is Yours



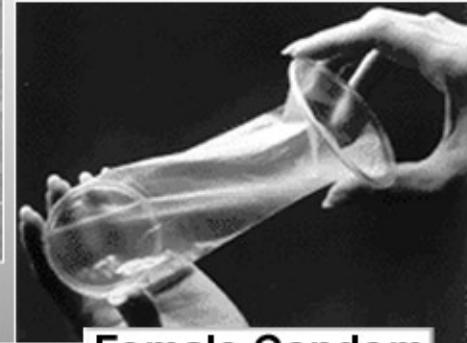
Depo-Provera



Cervical Cap



Intrauterine  
Device



Female Condom



Contraceptive Foam  
& Suppositories



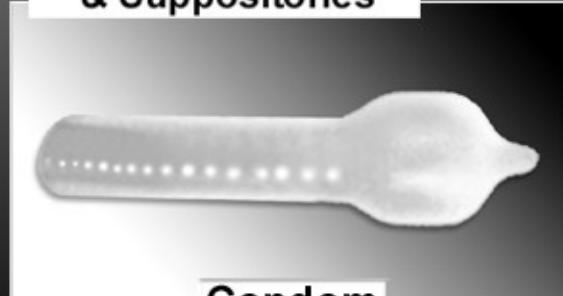
BC Pills



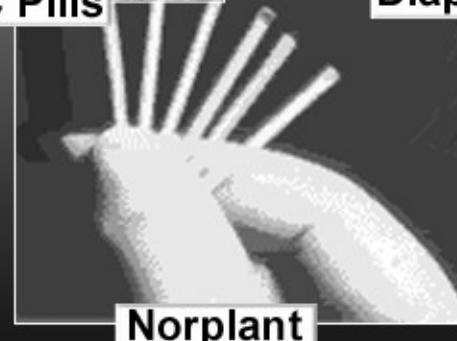
Diaphragm



Periodic Abstinence/  
Rhythm Method



Condom



Norplant



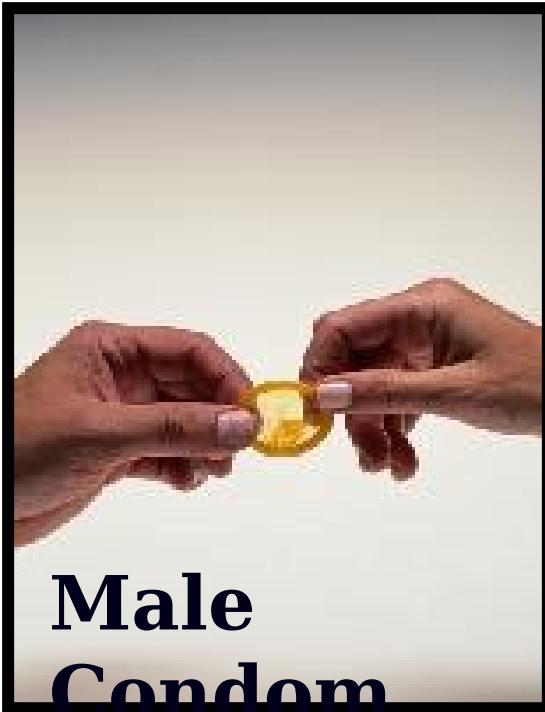
# SEXUALLY TRANSMITTED DISEASES



- **Once called venereal diseases -** STDs are among the most common infectious diseases in the United States today.
- **Approximately 12 million cases** of sexually transmitted diseases (STDs) occur annually in



# PROTECT YOURSELF & OTHERS



**“NO PROTECTION- NO SEX!”**



# BUILDING HEALTHY RELATIONSHIPS



**Mutual  
Responsibility**



**Communication**

**Mutual  
Respect**



# SUMMARY I

**In this lesson :**

- **We discussed how your career goals, personal vision, and core values are applicable to your sexual behavior.**
- **We defined responsible sexual behavior.**
- **We identified risk taking sexual behavior and examined some of the consequences of such behavior.**



# SUMMARY II

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**We also:**

- **Discussed strategies for the prevention of sexually transmitted diseases (STDs), and unintended pregnancy.**
- **We discussed the importance of building **HEALTHY** relationships.**